Sri Rama Raksha Stotram:
The Divine Armor of Lord Rama

Introduction

On this sacred and auspicious Sri Rama Navami – the holy birthday of Lord Sri Rama, the embodiment of Dharma, compassion, and ideal manhood – it is most befitting to reflect upon and seek the protective grace of the Sri Rama Raksha Stotram.

This powerful Sanskrit hymn acts as a spiritual Kavach (armor) that shields the devotee from all forms of harm – evil forces, negative energies, diseases, enemies, accidents, planetary afflictions, and inner fears.
"Raksha" literally means protection, and the Stotram is revered as a Vajra Panjara (diamond-like unbreakable cage) for those who recite it with faith and devotion.

The Stotram was composed by the sage Budha Kaushika (also known as Budhakoushika).

According to the tradition mentioned in the hymn itself, Lord Shiva appeared to the sage in a dream and personally recited the entire Stotram.

Upon waking the next morning, Budha Kaushika wrote it down exactly as he had heard it, without omitting even a single letter.

This divine origin adds immense sanctity and potency to the composition.

It is widely chanted daily by millions of devotees, especially on Tuesdays, Thursdays, during Navratri, Dussehra, and auspicious occasions like Sri Rama Navami, for complete protection and blessings.

The Noble Qualities of Lord Rama

Lord Rama is lovingly called **Maryada Purushottama –** the Supreme Ideal Man who upholds the highest standards of righteous conduct.

Though He is the Supreme Divine in human form, He lived a life of perfect humility and simplicity.

One of His most beautiful qualities was His accessibility and consideration for others:

He would always greet first anyone he met, speaking softly and with due respect, always mindful of the other person's feelings.

Despite His unmatched mastery in archery, warfare, and divine powers, He never boasted or displayed them unnecessarily.

He consistently presented Himself as an ordinary human being – the eldest son of King Dasharatha – living a life bound by duty, truth, and restraint.

Rama revealed His divine glory only on rare and necessary occasions, and always with reluctance or for the greater good:

- At the command of His guru Vishwamitra, He stepped on the stone-form of the cursed Ahalya (wife of Rishi Gautama), restoring her to life.

- He did this hesitantly, out of obedience to His teacher and respect for the great Rishi's wife.

- When challenged by the mighty warrior-sage Parashurama, Rama humbly accepted but ultimately revealed His supremacy by effortlessly handling the divine bow, leading Parashurama to recognize Him as Lord Vishnu's avatar.

- In the forest, He granted moksha (liberation) to the humble devotee Shabari, who offered Him tasted berries with pure love, transcending all social barriers.

- In the great battle, He defeated the powerful Ravana only after exhausting all peaceful options, and even then ensured proper last rites for His enemy.

These qualities – profound humility, soft-spoken respect, consideration for others, and controlled use of power – make Lord Rama the eternal role model for humanity.

Meditating upon them while seeking His Raksha helps us cultivate similar virtues in our own lives.

Brief Summary and Greatness of the Stotram

The Sri Rama Raksha Stotram consists of around 38 verses in the melodious Anushtubh meter.

It begins with an invocation and the story of its divine origin, followed by a beautiful meditation on Lord Rama's divine form (accompanied by Mother Sita and Lakshmana, with Hanuman in service), detailed protection for every part of the body (Anga Raksha), glorification of Rama's holy names and victorious deeds, and concludes with the Phala Shruti (the fruits and benefits of recitation).

Its greatness lies in its practical spirituality. **Regular chanting is believed to:**

- Create a powerful protective shield against all dangers and evil influences.
- Remove sins, pacify the nine planets (Navagraha), and grant fearlessness.
- Bestow good health, longevity, prosperity, progeny, victory over obstacles, and mental peace.
- Ultimately guide the devotee toward righteousness and the grace of Lord Rama.

Many devotees experience relief from fears, nightmares, health issues, and difficulties after sincere recitation.
On this holy Sri Rama Navami, chanting or listening to the Stotram with pure devotion is especially meritorious.

Conclusion

Let us bow to Lord Rama – the ocean of compassion, valor, and Dharma – and seek His divine protection through the Sri Rama Raksha Stotram.

May His humility and strength inspire our daily lives. May the protective grace of Sri Rama, along with Mother Sita and Lord Hanuman, envelop all of us and remove every obstacle.

Jai Sri Ram!

Sita Rama Lakshmana Hanuman Ki Jai!

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For the complete Sri Rama Raksha Stotram with Sanskrit text and English meaning:

1.A clear and reliable version with Sanskrit, transliteration, and meaning:

https://vignanam.org/english/rama-raksha-stotram.html

2.Another authentic source with detailed text:

https://stotranidhi.com/en/shri-rama-raksha-stotram-in-english/

For beautiful audio recitation:

You can listen to the melodious chanting of Sri Rama Raksha Stotram by renowned artists on popular platforms.

Search for renditions by M.S. Subbulakshmi (her devotional style is especially soul-stirring and widely loved) or other classical singers like S.P. Balasubrahmanyam and Ranjani-Gayatri on YouTube or music streaming services.

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YouTube Videos

Sri Rama Raksha Stotram…by S. P. Balasubramaniam (11 min):

https://youtu.be/UUSD1xewFyE?si=jW5zvpDNLCnEHsbW

Sri Rama Raksha Stotram by Sindhu Smitha (11 min):

https://youtu.be/Cpe7hDugc78?si=mmE1CzbblByKldLz

Sri Rama Raksha Stotram…by Ranjani, Gayatri (10 min):

https://youtu.be/EMeSTcffrEI?si=EZ__-xEOFcf4PJ-i

Nama Ramayana…MS Subbulaksmi (11 min):

https://youtu.be/gCXlUgHPdaM?si=WpBwuz3wkE38L5qj

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